

Sizzling Lemon Garlic Shrimp

by Bill Bradley, Registered Dietitian and Cookbook Author

Ingredients (Serves 4)

1 pound raw shrimp, shells removed and deveined

½ cup extra virgin olive oil

1 Tablespoon butter

1 leek, sliced thin (white only)

6 cloves garlic, minced

1 lemon

Salt, to taste

Directions

- 1. Sauté leeks in olive oil/butter mixture and a pinch of salt until soft. Add garlic, sauté for 1 minute more.
- Add shrimp and cook until pink. Remove from heat. Squeeze on lemon juice from half a lemon. Salt, to taste.
- Serve immediately. Drizzle remaining juices from pan on each plateful of shrimp. Serve with lemon wedges and crusty bread (to sop up the oil).

